

AN AFTERNOON OF STREET OUTREACH

Sheila Arnold, Columbia Area Mental Health Center

Though Columbia Area Mental Health Center's (CAMHC) Homeless Outreach Program (HOP) is based at Transitions Homeless Center in downtown Columbia, the staff who implement the services are a mobile crew. Social Workers Candice Morgan and Janet Minton, MSW Students Candace Gregg and Daniel Widner, and Psychiatrist Christian Neal spend the majority of their time developing relationships with the area's homeless where they live – on the street. "The 'ivory tower' mentality will not work with this population," says Dr. Neal. "The process of engagement and development of alliance is key, before any type of diagnostic formulation or treatment decisions."

On a recent afternoon, when the temperature hovered in the high 90s, I boarded the HOP van with Candice, Janet, Candace, and Dr. Neal. We were joined by 'Mr. Rowe' who was in the front seat eating a hamburger. Missing several fingers lost to frostbite from winters on the Chicago streets, he is a former client of the Center. His case was closed when he would not come into the office for services at appointed times as required (the HOP team is unique in that all it requires of its clients is to be themselves—nothing more). As we drove Mr. Rowe to Cambridge House, a boarding home near the Bull Street property, he chatted about returning to college and becoming a lawyer. While Mr. Rowe is chronically homeless and banned from Transitions, he does spend a few nights a week at Cambridge House. Candice has been working with him since 2008.

Janet told me that she had filed her first missing persons report with the Columbia Police Department and met with someone from the Special Victims Unit the day before. A client of hers was missing; the 25-year-old female, raped several times while living on the street, had been doing quite well while living at Transitions the past three weeks. Janet said she worries about the safety of both her male and female clients. If she "can just get them a safe place to stay" she won't worry so much.

Back in the van, we searched for 'Angela,' who lives near a bus stop next to a local hospital. She says her



The HOP offers assistance to a homeless man.



One of the homeless camps in Columbia. For many, this is "home."

'babies' stay at the hospital until she can finish a 'class' she's taking so she can be a really good mother. A former client of CAMHC with schizoaffective disorder, the HOP team has been meeting with Angela almost daily for the past six months. We found her walking down the street carrying four bags and wearing layers of clothing. So we wouldn't overwhelm her, Candace and Janet walked across the street to chat with a group of homeless men congregating outside a soup kitchen. Candice, Dr. Neal, and I approached

Angela. She was very animated and talkative when seeing Candice; however she made no sense. Candice said this speech pattern is called 'word salad.' As Candice does at every meeting, she asked Angela if she'd like some food; surprisingly, she said she would. I later learned she's only asked for food twice (and never anything else) in their six month relationship. As Dr. Neal said, "Success stories are often measured in what would be considered minor things to people on the outside looking in...getting in our van, agreeing to talk with us, accepting food." We drove her to a nearby grocery store, where Angela selected a chicken dinner, sandwich, pastry, and juice. As we left the store, she asked for cigarettes. As with Mr. Rowe, Candice and Dr. Neal told her they had no cash left for cigarettes.

On the drive back to her "home" Angela was very quiet. I incorrectly assumed she was mad about the cigarettes. However, when asked if she needed anything else (besides cigarettes) or if there was anything at all we could do for her, Angela said she'd like to take a shower. Candice immediately called Cambridge House and learned a female bed was available; she reserved it for two weeks for Angela. She explained to Angela that the boarding home had showers, beds, washer/dryers and... air conditioning! Angela seemed very skeptical but agreed to at least look at it. As we drove up to the home, a woman was walking down the steps with a scruffy poodle on a leash. Inside, four or five cats were underfoot. The place reeked of cigarette smoke, but the air conditioner worked just fine. A resident wearing an ankle bracelet announced she was the house mother (self-appointed, it seems) and offered to take Angela to her room. Candice patiently explained to her she could stay the night or not; it was totally up to her. She agreed to give it a try. We returned to the van, but before we could leave, Angela was on the porch, bags and food in hand. The 'house mother' told Angela the dogs in the home would be in and out of her room, which did not suit her. Candice

calmed her down and Angela agreed to give the home a try. We drove back to Transitions, but within 30 minutes, Angela called to be picked up because 'the dog tried to eat my chicken.' She has not returned to Cambridge House.

Candace and Daniel agree that working on this team has been much more meaningful than a typical Social Work internship. It has confirmed their decision to enter the profession. They say that the psychopathology and capstone courses they will take in the coming academic year will be a much richer, more relevant educational experience due to their experiences working on the streets.

Before this outing with the HOP team, I never fully appreciated how hard, frustrating, and slow this relationship building process is. As Candice said, "They break our hearts every day." Candice said she has only hired social workers for the team because they spent two years in graduate school learning that relationship is the most important tool one can use as a social worker. Once the team earns a semblance of trust from these very cautious people, they are able to provide much needed services without an office or computer. They conduct assessments and provide case

management. Dr. Neal can even conduct a Physician Medical Assessment. The hope is that when people like Mr. Rowe and Angela realize they need help, they will turn to the Team. The team can help them get into treatment, help get them off of the street. They can help them get into a safe living environment where they can live productive, fulfilling lives. Dr. Neal says, "With time and collaboration, a lot can be done here in Columbia...reconceptualizing how we care for the mentally ill, allowing relationships to develop, letting people maintain their dignity, and meeting basic needs. No sustainable treatment can occur without trust...it is necessary not just with the homeless but with all mentally or medically ill people."



CAMHC Homeless Outreach Team members (l to r) Candace Gregg, Candice Morgan, Dr. Christian Neal, and Janet Minton.



Memory Lane? Oh yeah, we're going **there** again... see page 7!

MORE COMMUNITY “LINKS” AT CHARLESTON DORCHESTER MHC

David Diana, Charleston Dorchester Mental Health Center

Charleston Dorchester Mental Health (CDMHC) scored a big victory recently when it received word that the Trident United Way’s “Links to Success” initiative would approve \$160,000 in mental health funding for 8 LINKS schools over the next 3 years! This means CDMHC will continue to provide high quality mental health services, including psychiatric services, for children and their families in each of these schools.

The “Links to Success” program seeks to build community-learning centers in high-poverty, low-performing schools. Through the work of community-based organizations like CDMHC, “Links to Success” is able to support educational attainment, positive health outcomes, and the family stability needs of children and families in each of the identified schools. The overall objective of this essential Trident United Way initiative is to support the community’s goal of increasing the on-time high school graduation rate of children served by the Links initiative to 88% by 2020.

CDMHC has been an invaluable LINKS partner for the past several years, and thanks to the grant writing skills of Cathy Joyner and Jennifer Roberts, along with the excellent work history of CDMHC LINKS school-based staff Cheryl Benson, Jeffrey Hair, Jeanette Johnson, Dana Brown, Karen Kraul, Ellison Lafferty, and Wanda Smalls-Smith, these life-changing support systems will remain in place for years to come!

SANTEE-WATEREE CMHC RECEIVES CARF ACCREDITATION

Tracy LaPointe, Office of Public Affairs



The Commission on Accreditation of Rehabilitation Facilities (CARF) has accredited the Santee-Wateree CMHC for a period of three years, in the following areas: Outpatient Treatment-Mental Health Adults and Outpatient Treatment-Mental Health Children and Adolescents. In fiscal year 2012, Santee-Wateree served 5,533 individuals, including 1,058 children and 390 individuals over the age of 65.

“I am very pleased with the three year CARF accreditation that Santee-Wateree has been awarded,” said Deputy Director of Community Mental Health Services Geoffrey J. Mason. “It is acknowledgement that the Center provides quality services and assures clients that the center meets national benchmarks in the care it provides. It is a testament to the hard work and ongoing efforts of the staff at the Center.”

Each of the South Carolina Department of Mental Health’s 17 community mental health centers is accredited by CARF International, an independent, nonprofit accreditor of human service providers. CARF credentials more than 6,000 providers in over 19,000 locations, and its accredited providers serve more than 8.3 million people of all ages each year.

PUTTING COMMUNITY FIRST AT AIKEN BARNWELL MHC

Tamara L. Smith, LMSW, Aiken-Barnwell MHC

Aiken Barnwell MHC (ABMHC) continues to be pro-active in reaching out to the community to promote the theme “Prevention Works, Treatment is Effective and People Recover” with health and wellness opportunities and community integration.

In July 2012, Care Management Coordinator Shannon Britt and Melody McNeil participated in the Community Service Network (CSN) Summer Soiree held in Aiken. The CSN represents various organizations and businesses dedicated to helping improve the community and access to needed resources. This was a great opportunity to network with other providers and gather information in order to link clients in the future.

In August 2012, Britt participated in the Margaret J. Weston Community Health Center’s (MJWCHC) Health Fair providing brochures about ABMHC’s services and treatment options to both staff and patients at MJWCHC. Cindy Smith, CPSS and Victoria Wilson, CPSS accompanied female clients to the Women’s Wellness Expo on Saturday August 25, where participants learned more about prevention and treatment of health issues and received free health screenings.

On August 30, Cindy Motycka, LPC-S and I participated in the Eat Smart/Move More retreat, in conjunction with South Carolina Department of Health and Environmental Control's Healthy South Carolina Initiative and the Aiken County Coalition, to reduce obesity in South Carolina. ABMHC is an active partner in this coalition and is looking forward to the opportunities offered to our clients in the very near future.

As of September first, ABMHC has offered free and anonymous on-line mental health screenings at <http://www.mentalhealthscreening.org/screening/AIKENBARNWELL>. The screenings are an easy way for people to monitor their health and find information about local treatment options. ABMHC is also raising health awareness by promoting Prostate Health Month, making male clients aware of free screenings available locally. ABMHC also celebrated Suicide Prevention Week September 9-15th.

Upcoming events include:



September 27: ABMHC will sponsor a Voter Registration Access Training and Demonstration in conjunction with PAVA

October 11: Free depression screenings

October: National Dental Hygiene Month- ABMHC will provide free dental supplies compliments of donations received to clients to promote good dental hygiene

October: Fire Prevention Week- ABMHC will hold a free seminar on fire prevention

October: ABMHC will provide female clients with information on where to obtain a mammogram

October 7-13: ABMHC will celebrate Mental Illness Awareness Week

Pictured: ABMHC Care Coordinator Shannon Britt, left, and Gail Diggs, MJWCHC, right.

ABMHC has created an information table in the entrance foyer with brochures and hand-outs promoting these and other special events. In addition, clients can obtain informational brochures about mental health issues. ABMHC is proud to sponsor and participate in these events as we partner with our clients and stakeholders to promote a healthier community.

PEE DEE MHC AND BRUCE HALL BRING AWARENESS TO FUTURE NURSES

Rosemary Barile, Pee Dee Mental Health Center



(L to R) Ernie Kirkland, Kathy Lewis, and Diane Meyers

As part of Pee Dee Mental Health Center's efforts toward community awareness, I recently spoke at Bruce Hall, which provides treatment to those battling substance abuse addictions. Florence Darlington Technical College trains its nursing students on local service providers in the greater Florence region on a regular basis. Students asked a variety of questions

about Mental Health and the services PDMHC provides. The Bruce Hall staff and I discussed how we work together to provide the best treatment possible for those who have a dual diagnosis of Mental Health and Substance Abuse issues.

Ernie Kirkland praised PDMHC and especially Dennis Sullen, who provides information and assistance on a consistent basis. Other Bruce Hall staff also mentioned the hard work of Sullen in ensuring that patients have access to the best resources available. PDMHC looks forward to continuing its strong working relationship in our local community with Bruce Hall.

PEE DEE MHC: IPS AND ECHO

Michele Kea, Pee Dee MHC

Here at Pee Dee MHC (PDMHC) we recently published the first issue of Echo, a quarterly newsletter of the Pee Dee Employment program. Echo is designed to provide further education about what the program offers. I'd like to share an excerpt from this first edition:

PDMHC strives to meet the employment needs of its clients, offering job support services for clients who are employed in jobs such as high level management,

janitorial services, clerical, food services, and the medical field.

Individual Placement Service (IPS) places clients in the real life competitive jobs, not in shelters or “set-aside” jobs. IPS is a person-centered approach that comprehensively addresses individual vocational needs to support recovery and improve quality of life. Competitive employment has previously been shown to enhance recovery outcomes, such as self-esteem.

IPS personnel work closely with the employment treatment team. The Employment Team coordinates with other local agencies, within PDMHC’s three county catchment area (Florence, Darlington, and Marion counties), to provide clients with access to health care, transportation, and any other services that will help prepare them meet their employment goals.

The PDMHC Employment Team comprises Job Developer Bill Diggs, Job Coach Zenobia Perkins, and Employment Coordinator Vickie Redden. The team works directly under the leadership of Director of Community Support Services Cathy Timmons.

The Team continues to provide support services to clients and their vocational needs. The job coaches in Florence, Darlington, and Marion counties work closely with employers, case managers, and families, so that they can thoroughly provide well-rounded services for clients.

Our clients are in competitive employment in the following businesses: Good Will, Zaxby’s, Food Lion, The City of Lake City, Bi-Lo, Best Western, Tatus Touch Care Wash, Dollar General, Huddle House, Lowe’s, CVS, and High Point Sofa Factory.

Research shows that clients are normally able to work for six months, but we have found in the IPS Program that clients are normally employed for two years or more. This is a testament to what can be achieved. Staff has polled clients as to why they want to work; most of our clients say “they want to feel normal and be respected.” Employment also reinforces their treatment through constructive use of their time.

Keep an eye out for the next edition of Echo!

PEE DEE WELCOMES NEW ROTATION OF FMU STUDENT NURSES

Rosemary Barile, Pee Dee MHC

Pee Dee Mental Health Center is again very pleased to have another rotation of Student Nurses from Francis Marion University. This has been Professor Susan Grubbs’ eighth year at Francis Marion University; she

has placed more than 640 students at various locations at Pee Dee Mental Health Center since 2005. Prior to 2005, students from the area studied at MUSC.



Pee Dee’s newest class of student nurses from Francis Marion University

Francis Marion University Nursing Department is no longer a satellite program, but a strong and growing college. For some students this will be the only experience they will have with mental health. This semester boasts 39 student nurses, though in the past, we have had as many as 60 students from this program alone. Pee Dee MHC has memoranda of agreement with three Francis Marion University programs: Nursing, Psychology Master students (with Dr. Ron Murphy), and Advancing Rural Community Health (with Dr. Paul DeMarco). Pee Dee Mental Health Center is committed to these partnerships.

A MESSAGE FROM MIKA FRIDAY

On January 14th I was crowned Miss Hartsville. By winning this title I was given an opportunity that few ever receive, the chance to impact the lives of others with my platform: *Spreading Depression Awareness*. Throughout my reign as Miss Hartsville, I have worked with Pee Dee Mental Health Center. With the staff’s help, I was able to reach out to my community, share my story, and offer words of encouragement to others going through the same struggle I went through.



Since January, I have spent close to 100 hours volunteering and promoting my platform. Due to my dedication, I was awarded the Rhonda Raney Memorial Scholarship, awarded to women with a platform of depression, suicide prevention, or other mental health issues.

ABMHC CLUBHOUSE PROGRAM CLOSES

Tamara L Smith, LMSW, Aiken Barnwell MHC

SHOCKED? Yes, it is true. After much hard-work and transition planning, ABMHC closed the Millbrook Place Clubhouse in Aiken on August 30. ABMHC will continue to offer clinic and community-based Psychosocial Rehabilitation Services (RPS) services; however, we wanted to offer individualized RPS services in our clinics via time-limited specialty groups as well as in the community setting/natural environments.

Via Community Integration and Rehabilitation Needs Assessments, we were able to determine what groups we needed to offer and who should be referred to each group. Furthermore, we created curricula to teach specific skill sets and checklists to ensure skills were mastered. If a client does not master each skill set taught in the group, he or she will have the opportunity to repeat the group and/or receive individual assistance to work on that area. On September 4 we began offering the following groups: Basic Money Management, Dressing for Success, Basic Living Skills, Meal Preparation/Basic Kitchen Skills, Healthy Minds and Bodies, Food Education for Persons with Serious Psychiatric Disabilities (EBP); Social Skills and Illness Management and Recovery (SAMSHA-EBP). We will expand the groups offered in January 2013. Clients will have the opportunity to provide feedback about the groups by completing an evaluation at the end of each group.

With the closing of the Clubhouse, we expanded the The Recovery Zone, the Peer Support drop-in center in Aiken. We wanted to ensure that clients continued to have a safe place to learn about managing their illnesses and to

socialize with others that have had similar experiences.



Peer Support Specialist Cynthia Dowda

Furthermore, SCDMH research shows that clients that receive Peer Support Services (PSS) see the MD/RN 67% percent less often, use 50% the rate of crisis intervention services, and see a mental health professional about 50% less often than non-peer support clients do.



Peer Support Specialist Victoria Wilson

We hired two additional peer support specialists, Cynthia Dowda and Victoria Wilson.



Aiken-Barnwell MHC's "Recovery Zone"

Activities are now offered Monday through Thursday from 8:30a.m. to 3:00p.m. and Fridays from 8:30 a.m. to 1:30pm. We also offer community-based peer support activities during the week and on Saturdays.

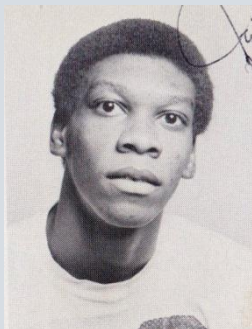
The goal of Community Integration and Rehabilitation Services at ABMHC is to provide opportunities for recovery for clients primarily diagnosed with serious and persistent mental illness, serious mood disorders and dual diagnoses (Serious and Persistent Mental Illness/Substance Abuse). *Pathways to Recovery* is the name for the Community Integration and Rehabilitation Services offered at ABMHC. Recovery is a unique journey for each individual, who has distinct needs, strengths, preferences, goals, culture, and background that affect and determine his or her "pathway of recovery." Services include: RPS in both clinic *and* community settings; PSS, Housing, Wellness Groups, and Case-Management Services.

Our mission is: "Pathways to Recovery are community integration and rehabilitation services designed to promote the recovery of people with psychiatric disabilities in order to live successful, satisfying, and healthy lives integrated in the community."

ONCE MORE, WITH FEELING!



Is she smiling because she got her hair flip just right, or because she knows she's the one who REALLY runs DMH?



We won't be surprised if you can't guess. It may be the only time in history he has not smiled.



Modelesque look, check. Freckles, check. This lady hasn't changed much.

Last month's installment, "They Survived the 70s" was such a hit that we're at it again. Can you identify these well-known DMHers?

(Answers, page 8)



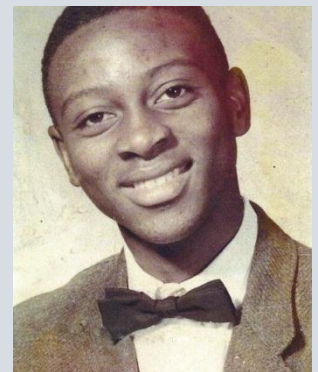
This look may seem to say, "Wait, you've had *how* many jobs, in how many years?" But this lady is as kind as they come.



She's known as an excellent planner and for running a tight ship. Now we know why!



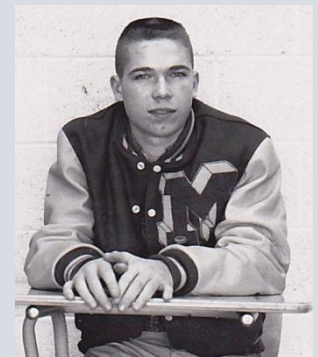
She protects and serves in style! No snark here (she packs heat!).



This director looks like the lead singer from a Motown group! But can he carry a tune like he carries off a bow tie?



He looks like he's watching his polo ponies, doesn't he? Who is this turtle-necked barrister?



A letterman! Who knew? We're sure this photo of a certain director was taken in Calculus... certainly not detention... right?

YOUR
FACE
HERE?

WHO WILL BE
NEXT?

WHAT'S GOING ON?

Mental Health Events in South Carolina – click the logos for more information.



Out of the DARKNESS

COMMUNITY WALKS
American Foundation for Suicide Prevention

**Riverfront Park
Columbia, South Carolina**
October 14, 2012
1:00 Registration
2:00 Walk
3:30 Closing Ceremony

Register today at OutoftheDarkness.org



American Foundation
for Suicide Prevention



Bull Street
Life Behind the Wall

Through
October 14


NAMI South Carolina
National Alliance on Mental Illness

September 28-29, 2012

NAMI SC Annual State Conference
Embassy Suites Columbia – Greystone
200 Stoneridge Dr., Columbia, 29210

Registration details for hotel and conference
will be available on July 1, 2012

For more information, contact the NAMI SC
office at (803) 733-9592.



NAMI Beaufort County is celebrating its 7th annual WALK.

Date: September 22, 2012

Location: Coligny Beach, Hilton Head, SC

- Check in: 8:30am
- Walk Start: 10am
- Distance: 5k

For more information about this event, please contact:

Laura Conway

[E-mail Laura to learn more about the NAMI Walk Beaufort!](#)

843-681-2200

DMHers, page 8– Clockwise from top right:

*Bryan Psychiatric Hospital Adult Services Director **Ralph Randolph**, Attorney **Alan Powell**, Harris Psychiatric Hospital Director **John Fletcher**, Public Safety Director **Chief Elizabeth Hall**, Evaluation, Training, and Research Director **Sandy Hyre**, Risk Manager **Ann Marie Dwyer**, Community Mental Health Services Program Director **Jeff Ham**, State Director's Office Administrative Coordinator **Connie Mancari**.
Center: Human Resource Services Director **Eleanor Odum**.*

Mental Health Matters is a newsletter of the South Carolina Department of Mental Health (DMH). Produced by the Office of Public Affairs, it aims to bring items of interest within the DMH system to the attention of Agency personnel, the Mental Health Commission, mental health advocates, and other stakeholders.

*Editor/Layout & Design: Tracy LaPointe
Contact: (803) 898-8581, TLL06@scdmh.org*